

November 2021

SeniorLiving

Kingsport Senior Center



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Staff:

Please call the front office for information:
(423) 392-8400 (Main Number)

Director- Shirley Buchanan
shirleybuchanan@kingsporttn.gov
(423) 392-8403

Branch Coordinator- Michelle Tolbert
michelletolbert@kingsporttn.gov
(423) 392-8404

Branch Assistant- Diane Broyles
dianebroyles@kingsporttn.gov
(423) 765- 9047

Wellness Coordinator- Kevin Lytle
kevinlytle@kingsporttn.gov
(423) 392-8407

Program Coordinator - Lori Calhoun
loricalhoun@kingsporttn.gov
(423) 392-8405

Program Leader - Amber Quillen
amberquillen@kingsporttn.gov
(423) 392-8402

Program Leader - Beth Freeman
bethfreeman@kingsporttn.gov
(423)343-9713

Program Assistant - Cameron Waldon
cameronwaldon@kingsporttn.gov
423-392-8406

Secretary - Kelsie Gillum
kelsiegillum@kingsporttn.gov
423-392-8400

Nutrition Site Manager
(423)246-8060

Policies:

Refund Policy: The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

Membership Dues:

For Fiscal year:
July 1, 2021 - June 20, 2022
\$25.00- Kingsport City Residents
\$45.00- Sullivan County Residents
\$70.00- Out of County Residents
*If you have Silver Sneakers through your insurance company your membership is free.

*The Kingsport Senior Center is now accepting credit and debit cards

Mission:

The Kingsport Senior Center is a community resource dedicated to enriching the quality of life for area seniors.

About the Kingsport Senior Center: The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.



Location and Hours of Operation:

Main Site – Renaissance Building:

1200 E. Center Street Kingsport, TN 37660

Hours of Operation:

Monday-Friday: 8:00am - 7:00pm Saturday: 9:00am – 12:00pm

www.kptseniors.net

423-392-8400

Branch Sites:

Lynn View:

257 Walker Street Kingsport, TN 37665

Hours of Operation: Monday-Friday, 8:00am - 2:30pm.

423-765-9047

Aquatic Center:

1820 Meadowview Pkwy, Kingsport, TN 37660

Monday - Friday, 8:00am – 11:00am.

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

V.O. Dobbins

301 Louis Street, Kingsport, TN 37660

Follow us on Social Media:  Kingsport Senior Center  @KingsportSeniorCenter  @KingsportSeniorCenter

Kingsport Senior Center
Advisory Council Members:

Mary Porter (Chairman)
Brenda Cunningham
Pat Breeding
Frances Cottrell
Laurel McKinney
Linda Gemayel

Richard Currie
Peter Shang
Lisa Shipley
Brenda Eilers
Kenn Naegele

The Senior Advisory Council meeting will be November 18th at 12:30. The Senior Center Advisory Council would like to announce the addition of Public/Senior Member comments at the end of each meeting. This will give members the opportunity to address the Council with comments, concerns, and suggestions. Please present your concern, suggestion, or comment in writing to the Senior Center office. It is our hope that this will be a benefit to our seniors, staff, and the council.

Subscribe to our new
Kingsport Senior Center
YouTube Channel!

https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view_as=subscriber

VIRTUAL CALENDAR

Events and Classes Virtual

Nov. 5th - Top 10 side dishes for Thanksgiving
<https://www.youtube.com/watch?v=-5tS1V0Pyul>

Nov. 12th - 10 Thanksgiving Desserts
<https://www.youtube.com/watch?v=SbbrxU413sQ>

Nov. 15th - Affordable Thanksgiving Tablescape
https://www.youtube.com/watch?v=nza6GvEsG_w

Nov. 18th - Thanksgiving meals kids can cook
<https://www.youtube.com/watch?v=-DowmlEnSkQ>

Nov. 23rd - One pan Thanksgiving dinner for two
https://www.youtube.com/watch?v=2Kx6_a_M20o

Senior Services Virtual Programs

Nov. 1st - November is National Family Caregivers Month
<https://youtu.be/Dewf7-U9Gww>

Nov. 8th - Alzheimer's Awareness Month
<https://youtu.be/21fGkxC7I0s>

Nov. 15th - Memory & Brain Health by Tracey Kendall-Wilson
<https://youtu.be/XolxZuxwFYQ>

Nov. 22nd - Dementia Research Updates from Tracey Wilson
https://youtu.be/_iL-6bbolgs

Nov. 29th - Apply for LIHEAP! Save Money!
<https://youtu.be/sbnsKvIc9Sw>

Facebook Classes - November 2021

Mon, Wed, Fri - SilverSneakers Classic with Terri Bowling

Mon, Wed, Fri - Total Body with Terri Bowling

Mon, Wed, Fri - SilverSneakers Yoga with Terri Bowling

Tues, Thurs - SilverSneakers Boom Fitness with Terri Bowling

Tues, Thurs - Piloxing with Terri Bowling

Mon, Wed, Fri - High/Low Aerobics with Terri Bowling

Mon, Wed, Fri - Strength/Stretch with Terri Farthing

Wellness Virtual Classes

Nov. 4th - Leg Strengthening Exercises for Seniors
<https://youtu.be/17L5KUIHnic>

Nov. 9th - 10 Min Leg Workout for Seniors
<https://youtu.be/60fBjmYOGgw>

Nov. 11th - 3 Leg Strengthening Exercises for Seniors
<https://youtu.be/bxMMvpCIEqE>

Nov. 16th - Seated Leg Exercise Routine for Seniors
<https://youtu.be/FuX01t5mce8>

Nov. 18th - Best Leg Strengthening Exercises for Weak Knees/Hips
<https://youtu.be/L7iQdDBd45Y>

Nov. 23rd - Leg, Knee & Hip Exercises for Seniors
<https://youtu.be/ao8YEP9d8AQ>

KSC@LYNNVIEW Virtual Programs

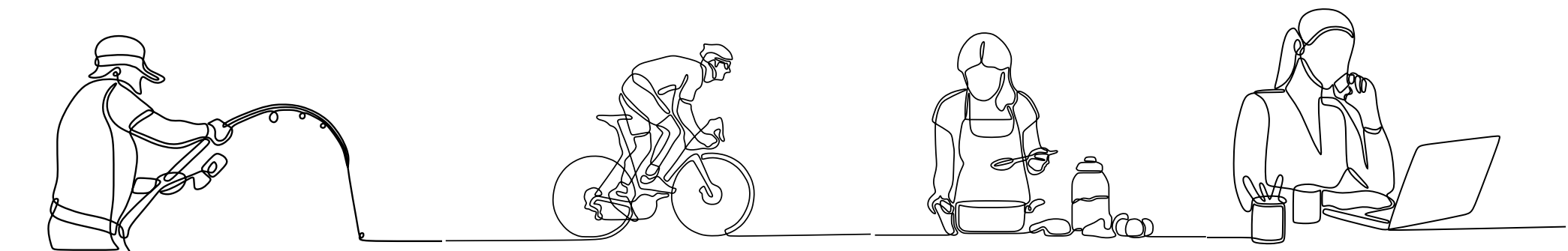
Nov. 3rd - Best stretches for hip pain, great for 50+
<https://www.youtube.com/watch?v=JxUFJzriaUA>

Nov. 10th - Fall crockpot dinners
<https://www.youtube.com/watch?v=nnAHRVCjcYs>

Nov. 19th - Why you should be shopping @five below
<https://www.youtube.com/watch?v=OFuigU95t3A>

Nov. 22nd - The state fair on senior day - Larry the cable guy
<https://www.youtube.com/watch?v=FgcBmeEkXEE>

Nov. 24th - My two ingredient dough cinnamon rolls
<https://www.youtube.com/watch?v=y-J3PILIJ9s>



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can feel good about.

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For more than 30 years, Asbury Place
at Steadman Hill has been providing
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- » **AsburyPlaceKingsport.org**
- » **SCloyd@Asbury.org**

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STEADMAN HILL

Anticipate More



1300 Bloomingdale Pike
Kingsport, TN 37660

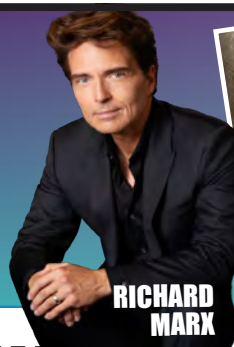


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MARX

LITTLE RIVER BAND

BRIAN
CULBERTSON

CLIP AND SAVE

2021-2022 SEASON SCHEDULE

NOV 6..... CROWDER
 NOV 13 BRIAN CULBERTSON
 NOV 14 TRACY BYRD
 NOV 20 MENOPAUSE THE MUSICAL®
 DEC 3..... NEWSONG'S VERY MERRY CHRISTMAS TOUR W/BIG DADDY WEAVE
 DEC 5..... PREACHER LAWSON
 DEC 10 THE TEXAS TENORS: DEEP IN THE HEART OF CHRISTMAS
 DEC 18 THE NUTCRACKER
 JAN 7..... RUSSELL MOORE & IIIrd TYME OUT
 JAN 16 MUTTS GONE NUTS
 JAN 22 LITTLE RIVER BAND
 JAN 29 MARSHALL CHARLOFF & PURPLE XPERIENCE
 FEB 4 BRASS TRANSIT: THE MUSICAL LEGACY OF CHICAGO
 FEB 12..... STAYIN ALIVE: ONE NIGHT OF THE BEE GEES
 FEB 19..... HOME FREE
 MAR 5..... NITTY GRITTY DIRT BAND
 MAR 9..... RHYTHM OF THE DANCE
 MAR 13 THE KENTUCKY HEADHUNTERS
 MAR 20 HERMAN'S HERMITS STARRING PETER NOONE
 MAR 26 RICHARD MARX: AN ACOUSTIC EVENING OF LOVE SONGS
 APR 1 THE COLLINGSWORTH FAMILY
 APR 8 HOTEL CALIFORNIA: A SALUTE TO THE EAGLES
 APR 9 THE COMMODORES
 APR 25..... DANIEL TIGER'S NEIGHBORHOOD® LIVE
 MAY 1 DAILEY & VINCENT
 MAY 7 HYPROV: IMPROV UNDER HYPNOSIS
 MAY 14 THE OAK RIDGE BOYS
 MAY 21 TOMMY DECARLO BOSTON SINGER + RUDY CARDENAS AMERICAN IDOL SINGER
 THE MUSIC OF BOSTON & JOURNEY
 JUN 1 MADAGASCAR THE MUSICAL™
 AUG 13 ARRIVAL FROM SWEDEN: THE MUSIC OF ABBA

MARSHALL CHARLOFF &
PURPLE XPERIENCE

THE OAK RIDGE BOYS



THE KENTUCKY HEADHUNTERS



THE TEXAS TENORS



TRACY BYRD

HERMAN'S HERMITS
STARRING PETER NOONE

HOME FREE

MADAGASCAR
THE MUSICAL

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online or by phone.

NPACgreeneville.com | 423.638.1679

212 Tusculum Boulevard | Greeneville, TN

SENIOR SERVICES

MEDICARE OPEN ENROLLMENT EVENT



Thursday, Nov. 4th
9am-12pm
Computer Lab
By Appointment only
Sign up in the
Front Office

Medicare Part D and Medicare Advantage plans change their coverage and costs each year, so it is important to review your plan and compare it to others on the market every fall. This year, the Kingsport Senior Center is partnering with the Tennessee State Health Insurance Assistance Program (TN SHIP) to provide free and objective assistance in comparing Part D and Medicare Advantage Plans. Trained Medicare Counselors will be on hand on November 4th to assist Medicare beneficiaries in comparing Part D or Medicare Advantage Plans for 2022.

DO YOU QUALIFY FOR SNAP Benefits?



The Holiday season can be a stressful time with extra expenses. New updates make it easier than ever to qualify for SNAP benefits, which could ease some of the financial burden brought on by this time of year. Kathleen McLaughlin, SNAP Outreach Coordinator with the First TN Area Agency on Aging & Disability, will be at the Center to discuss & give an overview of the SNAP program.

THURSDAY, NOVEMBER 11
10:00-11:00AM
COMPUTER LAB

Light refreshments will be provided
Sign up in the Front Office or call (423) 392-8400



2nd & 4th Wednesdays
of Every Month

10:30am-12:00pm
Computer Lab

Ask a Library Geek

Would you like to get setup up to use free library eBooks, audiobooks, & online magazines? Have some computer, tablet, or smart phone questions? Want to practice using the internet or typing a document? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your one on one time with a Kingsport Public Library Librarian by calling the Kingsport Senior Center Front Office (423)392-8400.

Call today, only 3 appointments available per day!

SMILE MEETING

NOVEMBER'S MEETING WILL BE ON THE
3RD INSTEAD OF THE 10TH
2:00PM IN THE CAFETERIA

Contact Beth Freeman for more information about our Volunteer program
(423)343-9713 or bethfreeman@kingsporttn.gov

SENIOR SERVICES

Senior Services Programs:
Call or Come by the Front Office to sign up
(423) 392-8400

- **Ask a Library Geek**

2nd & 4th Wednesdays of Every Month, 10:30am-12pm, Computer Lab

Would you like to get setup up to use free library eBooks, audiobooks, & online magazines? Have some computer, tablet, or smart phone questions? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your one on one time with a Kingsport Public Library Librarian today.

- **SMILE Meeting**

November 3, 2:00pm, Cafeteria

November's meeting will be held on the 1st Wednesday instead of the 2nd, due to our Thanksgiving Lunch. SMILE stands for Seniors Making Individual Lives Exciting and is the Kingsport Senior Center's Volunteer Program. We have a meeting the 2nd Wednesday of every month and always welcome new volunteers! If you would like more information please contact Beth Freeman at (423) 343-9713 or bethfreeman@kingsporttn.gov.

- **Be a Santa to a Senior Program**

November 1-December 1

KSC will once again be partnering with Home Instead for the Be A Santa To A Senior Program. This year's ornaments will be available for pick up beginning November 1st with a deadline to drop off gifts of December 1st. Members will take names from the tree, purchase items for the individual and return those items back unwrapped, preferably in a gift bag, to KSC for keeping until our wrapping party on December 2.

- **Medicare Open Enrollment Event**

Thursday, November 4, 9:00am-12:00pm, Computer Lab

Medicare Part D and Medicare Advantage plans change their coverage and costs each year, so it is important to review your plan and compare it to others on the market every fall. This year, the Kingsport Senior Center is partnering with the Tennessee State Health Insurance Assistance Program (TN SHIP) to provide free and objective assistance in comparing Part D and Medicare Advantage Plans. Trained Medicare Counselors will be on hand on October 19th to assist Medicare beneficiaries in comparing Part D or Medicare Advantage Plans for 2022. This event is by appointment only, call the Front Office for available times.

- **Operation Christmas Child Shoeboxes for Samaritan's Purse**

October 1 – November 19

We need our members to help out with the Operation Christmas Child program by bringing in a Shoebox (standard size) filled with acceptable items and \$9 for shipping. If someone just wants to donate money to go towards shipment costs, they can do that as well. Shoebox or money donations will be collected at the Senior Center throughout the month of October and the first 2 weeks of November, with the donations being picked up by Shirley Walters the week of November 15th.

Interested in keeping up with events with a digital copy of the newsletter sent to your email?!

Call (423) 392-8400 or stop by Front Office and give us your email!!!

Disclaimer: The Kingsport Senior Center will not sell or give out your email and you won't have to worry about junk mail with us (we only send the 1 copy a month)!!



- **Do You Qualify for SNAP Benefits**

Thursday, November 11, 10:00am, Computer Lab

The Holiday season can be a stressful time with extra expenses. Qualifying for benefits through the SNAP program could ease some of the financial burden brought on by this time of year. Kathleen McLaughlin, SNAP Outreach Coordinator with the First TN Area Agency on Aging & Disability, will be at the Center to discuss and give an overview of the SNAP Program. Light refreshments will be provided.

- **Wrapping Party for Be a Santa to a Senior Program**

Thursday, December 2, 9:00am, Atrium

Join us in the Atrium for a wrapping party to wrap all the gifts for the Be a Santa to a Senior Program! Light refreshments will be provided.

**OPERATION CHRISTMAS
CHILD SHOEBOXES**

for Samaritan's purse

SHOEBOX OR MONEY DONATIONS WILL BE COLLECTED AT THE SENIOR CENTER THROUGHOUT THE MONTH OF OCTOBER AND THE FIRST 2 WEEKS OF NOVEMBER, WITH THE DONATIONS BEING PICKED UP BY SHIRLEY WALTERS THE WEEK OF NOVEMBER 15TH.

FOR BOXES AND OTHER INFORMATION CONTACT
BETH FREEMAN AT 343-9713



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The Easiest Part of
Your Day*

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** Services Covered Under Medicare and Most Insurances**

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**We have always been your "Front-Line Heroes" especially during Covid 19*

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Starting at \$1700/Mo



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doing the things you love to do
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- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful courtyard with paved walking paths and comfortable seating areas throughout, resident's personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access.
- 5. Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, and dining; convenient to 1-26, Senior Center, VA and medical services.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!



55+ Welcome Home to TownView!

*"Love living here at Town View. I wouldn't want to be anywhere else.
My family of friends are here." ~ Sharon Y*

Call Today to schedule Lunch & a Private Tour!

TownView 114 West Fairview Ave., Johnson City, TN 37604

423-328-9068

thetownview.com

DAY TRIPS

SHOPPING TRIP TO WEST TOWN MALL KNOXVILLE, TN



FRIDAY, DECEMBER 3
BUS LEAVES AT 8:30AM
\$8.00 FOR TRANSPORTATION
SIGN UP STARTS OCTOBER 26



Out to Lunch Bunch Farmhouse in the Valley

ROGERSVILLE, TN

NOVEMBER 12, 11:00 AM - 4:00 PM
\$24.00 - (LUNCH & TRANSPORTATION)
SIGN-UP BEGINS ON SEPTEMBER 28

LUNCH WILL INCLUDE A SAMPLER PLATTER WITH CHICKEN CASSEROLE, MEATLOAF, HASH BROWN CASSEROLE, GREEN BEAN CASSEROLE, CRANBERRY SAUCE, PUMPKIN PIE, BANANA PUDDING, ROLLS & BUTTER, AND ICED TEA. LIGHT-HEARTED ENTERTAINMENT WILL BE PROVIDED DURING LUNCH BY THE FARMHOUSE CAST.

Country Tonite Christmas Show & Lunch at Applewood Farmhouse Restaurant

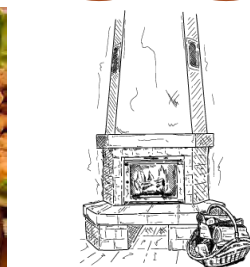
TUESDAY, DECEMBER 14, 2021
BUS LEAVES AT 10:15AM
\$40.00 INCLUDES LUNCH, SHOW & TRANSPORTATION
SIGN UP BEGINS SEPTEMBER 28



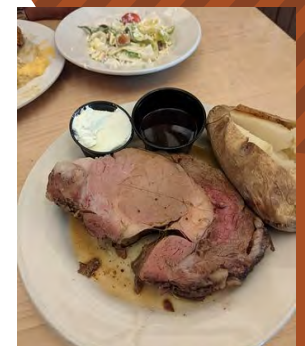
OUT TO LUNCH BUNCH

THE FIREPLACE RESTAURANT

WEAVERVILLE, NC



**the Fireplace
Restaurant**



FRIDAY, DECEMBER 10
BUS LEAVES AT 10:00AM
\$8.00 TRANSPORTATION FEE
& LUNCH ON YOUR OWN

SIGN UP STARTS OCTOBER 26

Be A Santa to A Senior Wrapping Party

THURSDAY, DECEMBER 2
9:00AM
ATRIUM

JOIN US IN THE ATRIUM FOR A WRAPPING PARTY TO WRAP ALL THE GIFTS FOR THE BE A SANTA TO A SENIOR PROGRAM!

LIGHT REFRESHMENTS WILL BE PROVIDED

SIGN UP IN THE OFFICE OR CALL (423)392-8400

BE A SANTA TO A SENIOR!

KSC will once again be partnering with Home Instead for the Be A Santa To A Senior Program. This years ornaments will be available for pick up beginning November 1st with a deadline to drop off gifts of December 1st. Members will take names from the tree, purchase items for the individual and return those items back unwrapped, preferably in a gift bag, to KSC for keeping until our wrapping party on December 2.

THE DEADLINE TO
DROP OFF
UNWRAPPED GIFTS
IS DECEMBER 1

Christmas Lunch

at the Kingsport Farmer's Market

Tuesday, December 7
12:00pm-1:30pm

\$5.00 for entire meal

SIGN UP IN THE FRONT OFFICE

Christmas Tree Decorating

WEDNESDAY, DECEMBER 1
9:00AM
ATRIUM

- Come & help us decorate our Christmas Tree in the Atrium.
- We will have light refreshments & listen to Christmas music

Sign up in the Front Office

GUARANTEED ISSUE WHOLE LIFE INSURANCE

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As a AAA Member, you are eligible to purchase Guaranteed Issue Whole Life insurance from AAA Life Insurance Company.

Guaranteed Issue Whole Life may be your very best choice:

- ▀ Your insurance will stay in effect as long as you pay the premiums when due, and your rates will never increase for as long as you live
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- ▀ Offers a smaller benefit amount that may best fit your needs

Next Steps

Call your AAA Life agent today for additional information or to apply for this valuable protection.



Please Contact Your Agent for Assistance

Gabe Gounaris
423-491-4408
3000 Peoples St
Johnson City, TN 37604

Policy contains a graded benefit feature, which means if you suffer a covered accidental death, your beneficiaries get the total amount of your coverage. But if you suffer a non-accidental death within the first two years of coverage, your beneficiaries get 130% of the premiums you paid. After two years, the total benefit amount is paid for death due to any cause.

Coverage available for ages 60-85. **Products and features may not be available in all states. This is an outline of policy provisions and does not contain all of the benefits and exclusions. For complete terms of the insurance coverage, please refer to the policy.** Life insurance underwritten by AAA Life Insurance Company, Livonia, MI. AAA Life (CA Certificate of Authority #07861) is licensed in all states except NY. Automobile Club of Southern California CA License #0003259. CSAA Life Insurance Agency of California, Inc. CA License #0D12130. Insurance products in Northern California offered through AAA Northern California Insurance Agency, License #0175868, in Nevada by AAA Nevada and in Utah by AAA Utah. Your local AAA club and/or its affiliates act as agents for AAA Life. Guaranteed Issue Graded Benefit Whole Life Policy Form Series: ICC16-6301 & GWL6301 (In OR: ICC16-6301)

ALAN-25281-721-XX

EXTENDED TRAVEL TRIPS

NYC AT CHRISTMAS

DECEMBER 5-DECEMBER 9, 2021

DINNERS, GUIDED TOURS, BROADWAY SHOW, AND MORE!

\$1,024/person - Double Occupancy

FOR MORE INFORMATION, PLEASE CONTACT
SHIRLEY BUCHANAN: (423) 392-8403



Ireland

MARCH 12 - MARCH 19, 2022

- ST. PATRICK'S DAY PARADE
- SIGHTSEEING
- KISS THE BLARNEY STONE

Double Occupancy: \$3,499

FOR MORE INFORMATION, PLEASE CONTACT
SHIRLEY BUCHANAN: (423) 392-8403



Mediterranean Cruise

JUNE 3 - JUNE 12, 2022

\$250 DUE AT SIGN-UP

DOUBLE - INSIDE CABIN: \$3,524/PERSON

DOUBLE - CENTRAL PARK BALCONY: \$3,624/PERSON

DOUBLE - OCEAN VIEW BALCONY: \$3,824/PERSON

FOR MORE INFORMATION, PLEASE CONTACT
SHIRLEY BUCHANAN: (423) 392-8403



LET'S GO TRAVEL

ARTISAN OF THE MONTH

NOVEMBER ARTISAN OF THE MONTH

GERALD (JERRY) FRITZ

Wood Craftsman

- Born in Kingsport in 1945
- Graduated from DB in 1963.
- Graduated from VA Tech in 1967.
- Served in the U.S. Navy for 22 years as an Engineering Duty Officer from which he retired in 1989.
- Resides in KPTS w/his wife Betty (DB Alumni '63) & his 2 Labradors.



The love of wood working was passed down from his father and grandfather whose philosophy was "The Wood I chop will warm me Twice".

OLD FASHIONED CHRISTMAS FAIR

FRIDAY, NOVEMBER 19

10:00AM-5:00PM

SATURDAY, NOVEMBER 20

10:00AM-4:00PM

Kick off the Holidays at the 2nd Annual Old Fashioned Christmas Fair.

Fun for all ages!

Shop over 40 Vendors.

Quiet your hunger with something from Fork in the Road & Auntie Ruth's Doughnuts.

Half Price Dial A Ride Ticket Books ON SALE the month of November

While supplies last (24 tickets per book) are \$12.00

You may purchase tickets at KATS - 900 East Main Street or directly from your driver. Drivers do not carry cash so you will need the exact amount or a check to purchase from them.

Dial A Ride tickets may only be used on vans. Tickets do not expire.



CLASSES & Daily Activities

Monday

Lap Swimming: 8:00am - 11:00am (Aquatics Center)

(First come first serve)

Silver Sneakers Classic: 8:15am (Gym) –You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Basic Tai-Chi: 9:00am (Room 302) (August 30-November 15) - Easy Tai Chi. Offer stretching the body, a slower paced, low impact series of movement with the purpose of cultivating the "Qi" or life energy within the body. Sequencing will result in a smooth but powerful harmony of movement and breath work. The benefits might good for blood, knees joint, balance, mind, lungs, digestive system, immune system. Beginning friendly.

Brain Games: 1:30 – 3:00pm (Computer Lab) We will play a variety of trivia games each Monday! *NEW*

Open Woodshop: 8:30am - 3:00pm (Woodshop)

Quilting: 9:00am (Room 303) (August 30-November 15)

High/ Low Impact Aerobics: 9:15am (Gym) - At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Beginning Clay: 10:00am (Clay Room) Begin date: TBD Hand building. This is for our beginners.

Strength Training: 10:15am (Gym)

Stretch Class: 11:15am (Gym)

Beginning Line Dance: 11:30am (Gym) (August 30-November 15)

Checkers and Chess Game Day, 12:30 – 3:30pm. (Every Monday) | Card Room | August 30-November 15 Come play checkers and chess! If you don't know how to play, we will teach you! Cards can still be played during this time too.

Intermediate Line Dance: 12:45pm (Gym) (August 30-November 15)

Knitting: 1:00pm (Room 303) Begin date: No instructor; self-guided until further notice. This class is open to individuals of all expert levels.

Table Tennis: 2:00pm (Gym)

Volleyball: 4:00pm (Gym)

Horseshoes: open play (singles or doubles) (back of senior center)

Tuesday

Lap Swimming: 8:00am (Aquatics Center)

Open Woodshop: 8:30am -3:00pm (Woodshop)

Boom Move & Mind Fitness: 8:30am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Ceramics: 9:00am (Ceramics Room) (August 31-November 16) (In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Basket Weaving: 9:00am (Room 303) (August 31-November 16) This class is open to individuals of all expert levels.

Strength Training: 9:45am (Gym)

Renaissance Strings: 10:00am (Atrium) (August 31-November 16) Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

Exercise for Everyone: 10:45am (Gym) - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

Beginner Dulcimer: 11:00am (Atrium) (August 31-November 16) Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a \$10.00 cost. It's fun to play with a group of dulcimers!

Clay 101: 12:30pm (Clay room) Begin date: TBD This is a six weeks beginner course and then a six weeks intermediate course.

Bowling: 12:30pm at Warpath Lanes

Shuffleboard: 1:00pm (Ceramics Hallway) - All levels of experience are welcome, with tournaments held semi-annual.

Open Pickleball: 12noon-4:00pm (Gym)

Rook: 4:00pm (Card Room) August 31-November 16 Please bring a snack to share with others.

Karaoke: 4:00pm (Cafeteria) begin date: TBD - Karaoke will meet every 3rd Tuesday of the month. Please bring in a covered dish to share

Badminton: 4:00-6:30pm (Gym)

Wednesday

Lap Swimming: 8:00am (Aquatics Center) - (First come first serve)

Silver Sneakers Classic: 8:15am (Gym) - You'll have a chair for seated exercises and standing support.

Open Woodshop: 8:30am - 3:00pm (Woodshop)

Tai-Chi: 9:00am (Room 302) (September 1-November 17) 24 Form Yang Style Tai Chi Chuan. The brief see Basic Tai-Chi class on Monday.

Croquet: 9:30am (Front Lawn)

High/ Low Impact Aerobics: 9:15am (Gym) At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Intermediate Clay: 10:00am (Clay Room) Begin date: TBD In this class you will hand-build and use the pottery wheel.

Strength Training: 10:15am (Gym)

Stretch Class: 11:15am (Gym)

Hand & Foot Card Game: 12:30pm (Card Room) Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesdays.

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)



CLASSES & Daily Activities

Thursday

Lap Swimming: 8:00am (Aquatics Center)

Boom Move & Mind Fitness: 8:30am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Bingo: 9:00am (Cafeteria) September 2-November 18

Ceramics: 9:00am- (Ceramics Room) (September 2-November 18) - In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Woodcarving: 9:00am (Room 303) - In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

Strength Training: 9:45am (Gym)

Bunco will be played every month on the second Thursday at 10:30am in the Card Room. September 2-November 18 Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets).

Exercise for Everyone: 10:45am (Gym) - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

Intermediate Dulcimer: 11:00am (Atrium) This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

Volleyball: 1:00pm (Gym)

Shuffleboard: 1:00pm (Ceramics Hallway) - All levels of experience are welcome, with tournaments held semi-annual.

Cornhole: 4:00pm (Gym)

Spades: 5:00pm (Card Room) September 2-November 18 Played in partners or solos. The object is to take at least the number of tricks that were bid before play of the hand began.

Friday

Lap Swimming: 8:00am (Aquatics Center) (First come first serve)

Silver Sneakers Classic: 8:15am (Gym) You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Tai Chi- 9:00am (Room 302) (September 3-November 19) 13 Form Chen Style Tai Chi Chuan. The brief see Basic Tai-Chi class on Monday.

Genealogy Club: 9:00am (Computer Lab) Join us for class and our instructors will help you discover the history of your ancestors.

High/ Low Impact Aerobics: 9:15am (Gym) At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Movement Health Qigong - Liu Zi Jue - Yi Jin Jing "Five Change": 10:00am (Room 302) - is composed of movements that are typically repeated, strengthening and stretching the body, increasing fluid movement (blood, synovial, and lymph), enhancing balance and proprioception.

Strength Training: 10:15am (Gym)

Stretch Class: 11:15am (Gym)

Bridge Group: 1:00pm (Atrium) September 3-November 19 This is an intermediate level Bridge group. If interested please contact the front office.

Mahjong: 1:30pm (Multipurpose Room) Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

Open Pickleball: 12noon-4:00pm (Gym)

Cornhole: 4:00pm (Gym)



Saturday

Basketball: 9:00am (Gym) - Played alone or in groups.

Table Tennis: 10:30am (Gym)

Rooms available for use from 9:00am-12:00pm:

Exercise Room
Billiards Room
Computer Lab
Clay/Ceramic Room



GRANDfamilies Network Lunch & Learn Zoom Seminars

Looking for some resources to help navigate this new relative caregiver journey? Join us during our monthly "Lunch and Learn" Zoom Seminars from 12-1 PM.
Visit uwaykpt.org/seniors to sign up.

October 18th: Finding and Accessing Community Resources

November 15th: Mental Health 101 and How to Cope in Healthy Ways

December 6th: Knowing all the Dangers of the Digital World

January 24th: New Year's Resolutions and Building Self-Care into Daily Routines



Find us on Facebook!

www.facebook.com/groups/grandfamilies.network

BRANCH SITES *Classes*

PICKLEBALL

Mondays & Wednesdays: 11:30 am - 2:00 pm.
Tuesday, Thursday & Friday: 10:00 am - 2:00 pm.
This is open for all skill levels.



SIGN-UP BY CALLING LYNN VIEW AT 423-765-9047

COLONIAL HEIGHTS UNITED METHODIST

SILVER SNEAKERS YOGA



Tuesdays & Thursdays, 9:00 AM - 10:00 AM in the gym. Move your whole body with seated and standing poses. Chair support is offered. Relaxation and mental clarity!

FIRST BROAD STREET UNITED METHODIST

TOTAL BODY WORKOUT

Mondays, Wednesdays, & Fridays. 9:30 AM in Room 239.
Upper & Lower body exercises.



CORE YOGA

Tuesdays & Thursdays, 11:00-11:30 AM in Room 239. Mat Yoga.

YOGA

Tuesdays & Thursdays. 11:30 AM - 12:30 PM in Room 239.
Standing poses and gentle movements.



V.O. DOBBINS

OUTDOOR PICKLEBALL: Mondays & Wednesdays, 8:30-10:30 AM. Open Play.

AQUATICS CENTER

LAP SWIMMING: Monday-Friday, 8-10 AM. Free w/ Senior Center Membership.

KINGSPORT SENIOR CENTER

Jazz Fusion Dance



TUESDAYS,
NOVEMBER 16-DECEMBER 14
3:00-4:00PM
ROOM 302

\$35.00 paid at Sign up

Taught by Monica Case-Harmon

*A fusion of ballet and jazz, dancers dance to slower music, where the "lyrics" of the music are interpreted through movement.
This is a class that puts an emphasis on the emotional side of music expressed through dance.*

KINGSPORT SENIOR CENTER



SPADES TOURNAMENT

THURSDAY, DECEMBER 2
9:00AM-5:30PM
CARD ROOM
\$2.00 PER PLAYER

SIGN UP IN THE FRONT OFFICE BY NOVEMBER 24
MUST HAVE A PARTNER
PRIZES FOR 1ST, 2ND, & 3RD PLACE

INTELLECTUAL WELLNESS / NAME 5

WELLNESS SEMINAR



Thursday, November 18
10:30am Card Room

Heather Cash, Community Relations Manager, Everlan by Dominion of Johnson City, will discuss the benefits of Intellectual Wellness as well as conduct an activity that will focus on Intellectual Wellness /Name 5 game.

Sign-up in the Office or by calling (423) 392-8400

KINGSPORT SENIOR CENTER'S

THANKSGIVING LUNCH

TO BE HELD AT THE KINGSPORT
FARMER'S MARKET

WEDNESDAY, NOVEMBER 10
12:00PM-1:30PM

\$5.00 FOR ENTIRE MEAL
TO BE PAID AT SIGN UP IN
THE FRONT OFFICE

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- Community Outings & Religious Services



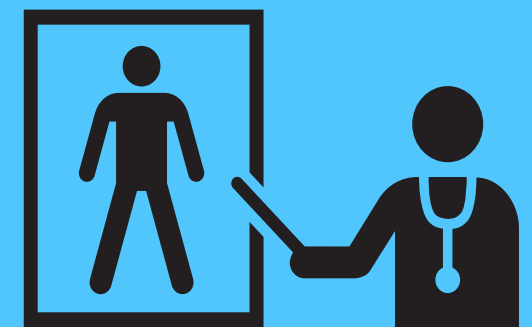
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423.378.3100

CROWN CYPRESS

WELLNESS SEMINAR:

LET'S TALK ABOUT SEX

Tuesday,
November 9
10:30pm
Card Room



Sign up
in the Office or
call (423) 392-8400



Dr. Mike Saval, ETSU Family Physicians, will discuss the increased rates of STD's in older populations, and condom use. Also, intimate partner violence, signs & symptoms on when to get checked

WELLNESS



Wellness Seminars

- **Let's Talk About Sex***: 10:30 am | Tuesday, November 9 | Card Room | Dr. Mike Saval will discuss the increased rate of STD's in older populations, condom use, partner violence, and symptoms to get checked. **
- **Blood Platelets***: 10:30 am | Tuesday, November 16 | Card Room | Join Donna Baker to learn more about donating blood platelets while playing some BINGO! Limit of 20.
- **Holiday Music & Memories***: 10:30 am | Thursday, December 16 | Card Room | Listen to Holiday music, share your special memories about the holidays, & enjoy hot apple cider and pastries while learning the health benefits of music.
- **Memory & Brain Health**: Will not meet in November & December due to the holidays. Next meeting will be January 27, 2022.
- **Support Group "Restless Legs Syndrome"***: Tuesday, November 9 | 12:30pm | Card Room. This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. There is a limit of 20 seats available.
- **GriefShare***: 9:30 am | Wednesday, November 17 | Card Room | Topic of discussion will be "Surviving the Holidays" with Chaplin Michael Driver.

Events



- **Woodshop Safety Orientation**: 9am. Monday, November 1 | Woodshop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must complete the Safety Orientation. Stop by the Woodshop or call 423-392-8400 or 423-392-8407 to sign-up. NOTE: We will be cleaning the shop every 1st Monday of the month after the safety orientation and ask that all woodworkers please come and help. **Woodshop will not be open Nov 22-29 & Dec 20-Jan 3.**
- **Blood Pressure Checks**: Melissa Keene, COTA Rehab Liaison with Encompass Health will be at the Center on **Tuesday, November 9** for blood pressure checks from 9am-11am and every 2nd Tuesday of the month, in the Hallway by the Office. Sherry McLeod, Hospital/Marketing Liaison with Asbury Place Kingsport will be at the Center on **Thursday, November 18** for blood pressure checks from 9am-11am and every 3rd Thursday of the month, in the Hallway by the Office.
- **Parks & Rec Youth Basketball**: 6:00 pm | Tuesdays, Wednesdays, & Thursdays | Gym | Youth basketball is from October 18 - December 16. All Senior Center activities on these days will stop at 5:30 pm so that gear can be put away. Sorry for any inconvenience.
- **Pickleball (Open Play)**: 9:00 am - 1:00 pm | Every Thursday | TNT Sportsplex | Every Thursday for KSC members. Four courts are available.
- **Billiards Tournament***: 9:30 am | Wednesday, December 8 | Billiards Room | 8-ball Singles Tournament, best of 3 games with double elimination. Cost is free. Prizes for 1st, 2nd, & 3rd sponsored by Kim Howell w/ Visiting Angels. We will play on all 4 tables.

Activities



- **Bowling for Turkeys***: 12:30pm. Wednesday, Nov 17 | Warpath Lanes | Remember you don't have to be an everyday bowler to participate in this tournament, because everyone bowls with two hands on the bowling ball between their legs. We need a minimum of 12 players to sign up for the tournament to be held. Cost of each game is \$2.60 per game payable at Warpath Lanes. There will be no charge for the shoes. You will bowl three games with the highest scores being awarded 1st, 2nd, and 3rd place only, sponsored by Michelle Bolling, Executive Director, The Courtyards Senior Living in Johnson City.
- **Corn Hole Tournament***: 1:00 pm | Wednesday, January 19 | Gym | Doubles. Best of 3 games w/ double elimination. Cost is free. Prizes for 1st, 2nd, & 3rd sponsored by Nathaniel Young w/ Brookdale Kingsport. 12 needed to play. Deadline: Tuesday, January 18.

Sign-up for all events in the Front Office or by calling (423) 392-8400.



HIKING CLUB

9:30 am | Wednesday, November 3

We will hike on 3 trails in Bays Mountain Park: Fern, Lake Road, and Chinquapin

Cost is \$5 for transportation.

Bring hiking boots and walking stick. Dress according to the weather.

Bring a lunch to eat in the park after hike.

Sign-up in the Front Office or by contacting Kevin Lytle at 423-392-8407.

intellectual



wellness

Thursday, November 18

Card Room

10:30 AM

Heather Cash will discuss the benefits of intellectual wellness with a game of Name 5.

KSC at Lynn View

CORE CONDITIONING

Mondays & Wednesdays, 9:00 am, Cafeteria
Non-aerobic, muscle-toning, focused on core strength.
Perform traditional weight-training movements in a class setting.



SILVER SNEAKERS CLASSIC

Mondays & Wednesdays: 10:00 am, Cafeteria.
Tuesdays & Thursdays: 9:00 am, Cafeteria.
Increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing, or Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

LOW-IMPACT AEROBICS

Fridays, 9:00-10:00 in the cafeteria.

YOGA

Fridays, 10:00-11:00, Cafeteria. Please bring a mat.
Main Site: Mondays, 5:30 pm, Room 302 w/ Becky Mills.
Cost: \$25. Sign-up by October 1.

POUNDFIT

Tuesdays, 11:00 am. No sign-up required.
Cardio jam-session designed to promote total-body fitness
Come join us and become the music!



ARTISAN MEETING

Tuesday, November 9, 1:00 pm. Local artisans are welcome to attend. Check out our artisan center and upcoming events that you can be a part of. No-sign up required.
Artisan of the month: Jerry Fritz.



BOHO ANGELS*

Monday, November 15, 11:00 am. Make Angels with fabric. \$15 paid to instructor. Supplies: glue gun and glue stick.



COOKING W/ THERESA*

Tuesday, November 16, 11:30 am. Participants will enjoy candy-making.

PICKLEBALL DRILLS*

Friday, November 19, 9:00-10:00 am. Improve your pickleball groove with these drills and have fun while you're at it! Limited to 7 participants.



GRIEF SHARE*

Friday, November 19, 11:00 am. Grief support group meets every 3rd Friday of the month.

BEGINNER STAINED GLASS*

Tuesdays, November 23 - December 14, 11:00 AM - 1:00 PM.
Lynn Davenport will teach how to make a suncatcher. Bring the glass you want to make a project with.



CARD MAKING CLASS*

Monday, November 29, 11:00 AM - 1:00 PM. We will make 4-holiday cards! Cost is \$10, paid to instructor. Bring scissors and favorite adhesives. Limited to 12.

HOLIDAY RAG GARLAND*

Tuesday, November 30, 10:30 AM. Make a holiday garland w/ material cut into strips. Cost is \$10. All supplies provided.



OVERVIEW OF COVID-19*

Tuesday, November 30, 12:30 PM. Caden W. Cox will explain specifics of COVID: flu-shots, boosters, vaccines, and myths.

BISCUITS & BINGO*

Thursday, December 9, 10:30 AM. Prizes are sponsored by Asbury Place. Limited to 30 participants.



BUTTERBEAN AUCTION*

Wednesday, December 22, 12:30 PM. Prizes sponsored by Visting Angels. Bingo with butter beans!

BLOOD PRESSURE CHECKS

Mondays (8:45 am - 10:00 am) with volunteer Nancy Greene.
No sign-up required, walk-ins welcome!



BASKETBALL

Monday-Thursday, 8:00 am - 10:00 am.
Stop by the office and get a ball and shoot some hoops!

BOHO CHRISTMAS TREES

Monday, November 8
11:00 - 12:30
\$15.00
Instructor: Kimberly Beck

Supplies: Glue Gun and Glue Sticks
Make a Christmas tree with fabric to take home!



BASKET MAKING

Wednesday, November 17
10:00 AM - 12:00 PM
\$20.00 paid to instructor

We will be making a Tray Basket.
Supplies: ruler, clothespins, scissors, and a pencil.
Sign-up by November 12. Limited to 8 participants.



How
Much Do
You
Know
About
Diabetes?

November is Diabetes Awareness Month!

Thursday, November 18
10:30 AM
Sign-up by 11/15

Join Rachel Dean to learn
more about diabetes,
assess your own risk, and
get some healthy eating
tips!



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